

Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Marital status	
Married	68.5%
Single	31.5%
Education level	
High school or above	72.3%
Below high school	27.7%
Occupation	
White collar	45.6%
Blue collar	54.4%
Income (USD/month)	
< 1000	12.1%
1000-2000	35.4%
> 2000	52.5%
Health insurance	
Yes	89.2%
No	10.8%
Comorbidities	
Hypertension	38.7%
Diabetes	22.5%
Cholesterol	15.3%
Smoking status	
Current smoker	18.9%
Former smoker	25.6%
Non-smoker	55.5%
Alcohol consumption	
Regular	12.4%
Occasional	28.7%
Never	58.9%
Family size	
1-2	35.2%
3-4	42.8%
5 or more	22.0%
Living arrangement	
Alone	15.6%
With family	48.3%
With friends	36.1%
Health status	
Good	65.4%
Fair	28.9%
Poor	5.7%
Psychological status	
Stable	78.2%
Unstable	21.8%
Stress level	
Low	45.1%
Medium	32.5%
High	22.4%
Life satisfaction	
High	58.3%
Low	41.7%
Overall health perception	
Excellent	12.5%
Very good	25.8%
Good	38.9%
Fair	22.1%
Poor	10.7%